Wings 10 Hiking Handout



Origin of Hiking: No one knows, ever since the beginning of mountains and men

How do you hike: Find a mountain with a proper, well kept trail, put on your hiking shoes and get walking!

Safety precautions: Important! Make sure before you go on a hike you have these essential things!

* Knowledge of the area you are hiking
* Plenty of water (1 liter plus)
* High energy food
* You have told someone where you are going and when you are going to be back
* Matches
* Windproof jacket
* First Aid kit

PLAN LIKE YOU ARE GOING TO GET LOST!

Benefits of Hiking

* Increased cardio-respiratory fitness (heart lungs and blood vessels)
* Increased Bone density
* Weight control, the strenuous hills can burn hundreds of calories an hour
* Better sleep
* Improved lower body fitness

Hiking is one of the cheapest, fun and healthy ways to be active. I encourage everyone to get out more often and go on more hikes, but always remember, BE SAFE! Every year hikers are lost and die on mountains because they do not follow the safety precautions, so be prepared!

Great Local Hikes

* Grouse Grind
* Stawamus Chief
* Golden Ears
* Brunswick Mountain